WHAT IS A PULSE?

Pulses are the edible dried seeds of plants in the legume family

DRIED BEANS  DRIED PEAS  LENTILS  CHICKPEAS

A GREAT ADDITION TO ANY DIET

Full of MINERALS like

IRON  ZINC  FOLATE  B-VITAMINS

HIGH in FIBRE  HIGH in PROTEIN  LOW in FAT  LOW GLYCEMIC INDEX

GOOD FOR FARMERS TOO

PULSES have nitrogen-fixing properties that increase soil health

Grown for both human consumption & animal feed markets

average farm gate value of $2.6B
average export value of $3.2B

WE’RE #1 CANADA is the WORLD’S LARGEST PRODUCER & EXPORTER of LENTILS and PEAS

www.agr.gc.ca